

Starters

- Fresh Baked Loaf.** V \$7
Garlic Bread \$7
Gluten Free option \$10
Bowl of Chips GF, V \$10
Sweet Potato Chips GF, V \$13
Tomato, Basil & Parmesan Bruschetta V \$13
 Add Avocado \$4
House Dips A selection of fresh house made dips served with toasted Turkish bread \$15
Carmel's Signature Salt & Pepper wings chicken wings in our special coating served with sweet chilli hollandaise sauce. \$13
Salt & Pepper Chilli Squid tossed with chilli, spring onion & ginger \$14
Carmel's Tapas Selection salt & pepper squid, chargrilled sweet soy chicken tenders, camembert cheese, smoked salmon topped with aioli, grilled chorizo with sweet chilli. \$25

V- Vegetarian
 GF- Gluten Free



Burgers

All burgers are \$22 and come served with chips, onion rings & sweet chilli hollandaise sauce.

- Ultimate Carmel's Burger** Angel Bay Wagyu patty with cheese, bacon, egg, salad & onion relish topped with aioli and barbeque sauce.
Chicken & Avocado Burger Lightly spiced chicken tenders, avocado, Swiss cheese, lettuce, tomato & seeded mustard aioli
Pulled Pork Burger spiced slow smoked pork, Swiss cheese, lettuce & apple slaw
Vegetarian Burger V House made patty (spinach, pumpkin, mushroom, onion, Swiss cheese, lettuce, tomato, onion relish & aioli.
PASTA CHOICES: Penne/Fettuccine. GF penne \$4
Carbonara Bacon, spring onion, cracked pepper in a white cream sauce \$22
Bolognese prime mince (veal & pork) in a traditional rich Italian tomato sauce \$22
Con Pollo Marinated chicken, sundried tomato, baby spinach in a rosé sauce \$23
Vegetarian V medley of selected vegetables in a napolitana sauce \$23
Chilli Spanish Chorizo & Bacon spicy chorizo, onion, bacon, olives, chilli & baby spinach in a rosé sauce. Choose: mild/medium/hot. \$25

Favourites

- Slow Roasted "Pulled Pork"** slow smoked over Red Gum, served with an apple & mixed nut slaw, crispy potatoes topped with spring onion & melted cheese with a slider bun \$27
Sage & onion Crumbed Schnitzel your choice of **Chicken Breast** or **Beef Porterhouse** served with chips & gourmet Salad \$24
Fish & Chips (Beer battered, freshly crumbed or grilled) Baby barramundi fillet, served with side salad, chips & tartare \$27
Marinated Lamb Rump G.F cooked medium & served with mashed potato, seasonal vegetables, red wine Jus, basil pesto, slow cooked tomato & balsamic reduction. \$35
Carmel's Chicken chicken breast stuffed with spinach, sundried tomato & cheese, served on a bed of potato mash, seasonal vegetables & red wine Jus. \$34
American Pork Ribs a rack of juice pork ribs cooked until sticky in our signature BBQ sauce, served with an apple & mixed nut slaw & chips. \$38



Salads

Add Side Chips \$4

Crispy chicken & avocado salad (GF option available) golden chicken served on a gourmet salad of avocado, feta, lettuce, cucumber, tomato & Spanish onion topped with a mango sweet chilli dressing \$23

Prawn & Avocado Salad pan seared prawns in fresh ginger and sweet chilli then deglazed with fresh lemon, served on a gourmet salad with avocado, cucumber, tomato, Spanish onion, feta, and orange segments. \$27

Salt & Pepper Squid Salad tender Australian squid coated in chefs own seasoning on a bed of gourmet salad & tartare sauce. \$23

Carmel's Salmon Salad GF oven baked fresh Atlantic salmon (cooked medium), served on a bed of Gourmet salad, orange segments, red onion & tomatoes topped with coriander, citrus and lime dressing. \$29

From the Grill

Served with your choice of chips & salad OR Vegetables & Mashed potato.

Scotch Fillet 350g \$47

Mayura Station Wagyu rump 400g \$56
200g \$33

Mixed Grill- 200g Mayura Wagyu, sausage, egg, bacon and grilled tomato \$45

Sides

Gravy (GF) \$4
Creamy Mushroom (GF) \$4
Green Peppercorn (GF) \$4
Red wine glaze (GF) \$4
Dianne (GF) \$4
Garlic prawn sauce \$8
Sweet chilli Hollandaise \$4
Side Salad (GF) \$4
Side chips (GF) \$4
Garden Salad (GF) \$13

Kids Meals \$10

Chicken breast nuggets with chips & salad

Fish & chips Battered Flathead fillets with chips & salad (GF option Grilled Barramundi fillet)

Carmel's mini cheeseburgers with tomato, lettuce, sauce & chips

Penne Bolognese prime mince in a traditional rich Italian sauce. (GF option \$3)

Salt & pepper squid with chips & salad

Chicken Schnitzel with chips & salad

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Takeaway Menu



8323 9600

250 Main Road, McLaren Vale, 5171

Opening times:

Lunch: 12pm-2.30pm
Dinner: 5pm-8.30pm

Monday- CLOSED

Tuesday- CLOSED

Wednesday- Dinner

Thursday- Lunch & Dinner

Friday- Lunch & Dinner

Saturday- Lunch & Dinner

Sunday- Lunch & Dinner

Restaurant Bookings (08) 8323 8038

Email: info@carmelsbarandgrill.com.au

Visit us: www.carmelsbarandgrill.com.au

*Prices subject to change. 2023 MAY version.